

Don't be a fool...
Teeth aren't tools!



Biting anything except food with your teeth is asking for trouble. Your teeth aren't designed to be used as tools to pry open bottles, tear the tops off of bags or break up ice cubes. While your teeth may feel hard and sturdy, the pressure placed on your chompers by these objects can lead to chips, cracks or breaks in your teeth.

Save yourself from the tools of your family dentist. Use a bottle opener, scissors or an ice pick instead of your pearly whites.

For more information on this and other oral health topics, visit [oralhealth.deltadental.com](https://www.oralhealth.deltadental.com).